



Vernon Senior Center's

Issue 5

May 2016

Senior Moments



Photo By Dennis Timberman

On Friday, March 11th we worked with the Rockville High School AP Photography Class to take portraits, group photos and candid shots of our seniors. We had a total of 26 seniors participate with 12 students. The students took beautiful portraits along with several candid shots of our card players. The class also provided a "Photo Booth" option where they could have pictures taken dressed up for St. Patrick's Day. At the end of our day the instructor, Dennis Timberman, took this photo of everyone involved.

Inside this Issue:

Happenings 1

Health Activities 2

Exciting Opportunities 3

Upcoming Events 6

Trips 9

Hours & Location 14

Memorial Day

*Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women, who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day and it is traditionally seen as the start of the summer season. **The Center will be closed on Monday, May 30.***



Health Programs

The next **Blood Pressure and Blood Sugar**

Screening at the Center will be held on **Wednesday, May 11th**. The hours are from 9:00 am – 10:00 am.

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.



Hearing Screening: The next hearing screening will be held on **June 16th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions. **Call to set up an appointment.**

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles.

If you are interested in joining, please call Carol Benoit at 860-454-7449.

Thursday Walking Group is for all levels.

Call Carol Benoit for more information, at 860-454-7449.

Senior Fitness Chair Yoga Memberships

Senior Fitness is a great way to socialize and stay fit.

The exercises are geared to the individual physical abilities of each senior.

Senior Fitness will be starting up again in July.

The cost for Vernon residents will be \$35 and non-residents will be \$40.

Chair Yoga will help keep you relaxed and agile.

Chair Yoga is a type of seated yoga that focuses on breathing and stretches, to help maintain flexibility and relaxation.

Chair Yoga will start up again in July. The cost is \$35 for Vernon residents and \$40 for non-residents.

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Our team is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Wii Golf Anyone?

Is anyone interested in Wii Golf?

If you are interested in Wii Golf or any other Wii Games please let us know.



Movie Matinee

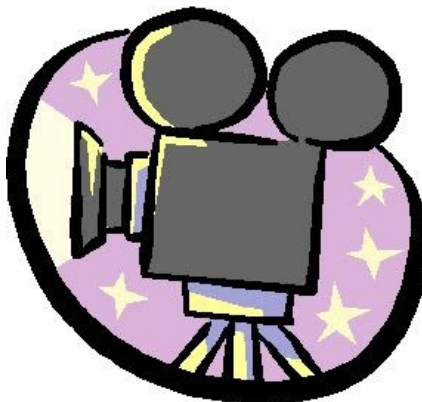
Popcorn and a Movie: The Center is offering movie matinees!

Wednesday, May 18th at 1:00pm.

If there are any movies that you would like to see please call Sela. They can be classics to present day movies.

The feature film is **The Martian**. Abandoned on the surface of Mars, after his team concludes that he perished in a dust storm, Mark Watney must find a way to survive the harsh environment, despite having only 28 days supplies left.

Rated: PG-13 Runs: 130 mins



The Martian

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On

What interests you?

Would you like to try a new craft?

Is there something you would like to learn how to do?

Do you have a class you might be interested in?

Just call the Center and let us know.

We are open to suggestions.



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am.**

All seniors are welcome.



For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm.** It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am.** Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 1:30 pm. **There are no rides on Wednesdays.**

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, May 6th

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.

All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!



AARP Driver's Safety Class

AARP will host a **Driver's Safety Class** on **Thursday, May 26th from 11:30-3:30pm.** The cost is \$15 for AARP members and \$20 for non-members. Payment needs to be made on the day of the class. Checks only will be accepted for payment on that day. Call now to register, space is limited. Students who take the class may qualify for a discount on their auto insurance.

The course is designed to help you:

- *Update driving skills and your knowledge of the rules and hazards of the road.
- *Learn about normal age-related physical changes and how to adjust your driving to compensate.
- *Reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.



FYI

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for **trips** has been changed to age 55 and older. For all other activities at the Center, **the age requirement remains at 60 or older.**

The Center offers day trips monthly so watch our calendar.

Brain Teasers

A.

H
2
O

B.

What is yours to own, but others use it more?

C.

IF:

$1+5=12$
 $2+10=24$
 $3+15=36$
 $5+25=$

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

June 9th - Discover Woodstock

June 13th - Birthday Party

June 15th - Soup to Nutz

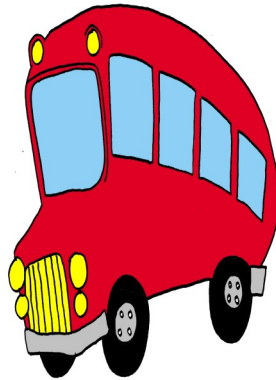


WalMart Bus Trip

The Center is offering a monthly trip on the **Senior Center Bus to WalMart** in East Windsor. The trip is scheduled for the first Friday of the month.

The next trip is on **Friday, May 6th**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Happy Shopping!



Out to Lunch Bunch

The “**Out to Lunch Bunch**” will meet on the first **Tuesday** of this month. Each month a new restaurant is chosen.

This month the “bunch” is going to **The Hill Top Restaurant**, in Willington, on **Tuesday, May 3rd** at **1:00 pm**.

There are pickups available at the Senior Housing complexes - Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.

Please call Sela or come to the Center to sign up for this fun day out with your friends.



Call now to sign up!

Advisory Committee

The Senior Center Advisory Committee meets the 4th Tuesday of the month at 9:30 am.

The following are the present members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych, Carole Slattery and Judy Hany.



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, May 24th at 9:30am**.

What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** dental or medical appointments.

This service is free and available to Vernon residents only, 60 years and older.

You must be ambulatory.

You have to call the Senior Center to make the appointment for the senior car.



Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!



The Senior Center offers **Foot Care** appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Senior Book Club

The **Book Club** will not be meeting again until the Fall.

We will post the new schedule in September.



Age is an issue
of mind over matter
If you don't mind
it doesn't matter
—Mark Twain

Chess

Are you looking for a different activity?

Do you play Chess?

Come in and play chess with us on
Tuesdays at 9:30am.



Up Coming Trips

Maine's Kittery Outlets

Outlet Shopping at it's best at Maine's Kittery Outlets,
Wednesday, May 11th.

The Kittery Outlets have more than 120 famous name outlet stores and is one of the largest shopping destinations in New England.

Included in this package is a coupon book with over 75 participating stores with discounts, a map of the outlets, and round trip motor coach transportation.

Depart: **8:00am** - Green Circle Commuter Lot

Return: Approximately 6:30pm



Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Discover Woodstock

We will be going to Woodstock, VT. on **Thursday, June 9th.** We will go to the Billings Farm, the Rockefeller Mansion and Bentley's Restaurant.

Woodstock has been described by the *Ladies Home Journal Magazine* as "The prettiest small town in America." You will see firsthand what Vermont life was like a century ago, at the Billings Farm.

For lunch we will go to Bentley's Restaurant, where you can select from three choices.

To finish our trip we will enjoy a tour at the Marsh-Billings Rockefeller Mansion.

Cost: \$117.

We will depart from the **Vernon Green Circle Commuter Lot** at **6:45am** and return approximately 7:15pm.

Please call to register.

Last day to sign-up is May 6th.

Long Island Sound - Lights and Sights Cruise

We will be taking a two hour narrated tour, on a Sea Jet Catamaran, to view, from your seat, 8 lighthouses, a fort, a castle, and much more. After dinner, spend some free-time in **Mystic Village.** This Trip requires some walking. **Cost: \$95 per person.**

Date: Thursday, July 14th - Trip full, you can be put on the wait list.

Tribute to the Grand Ole Opry - Aqua Turf Club

Come with us to the Aqua Turf Club for a tribute to the Grand Ole Opry, **Tuesday, August 16th.** Join Dave Colucci, Judy Brinn, Sarah the Fiddler and Ritchie's Country Wranglers Band sing the country songs you love. You will enjoy an all you can eat family style luncheon.

Cost: \$75 per person. We will depart from the Vernon Green Circle at 10:00am and return at 5:00pm. **Please call to register.**

Upcoming Presentations

Safety for Seniors

On **Thursday, May 12th at 10:00am**, Jean Gauthier, EMS Coordinator for the Town of Vernon, will be presenting on safety for seniors.

This presentation is free.

Please call to register.



Helping Seniors in the Community

On **Monday, May 16th at 10:00am**, Attorney Marilyn Denny of the Greater Hartford Legal Aid will be doing a presentation on “Helping Seniors in the Community and Advanced Directives”.

This discussion will include the Connecticut Home Care Program for Elders, Money Follows the Person and Personal Care Assistant programs that are available in Connecticut. She will also explain Health Care Instructions and Powers of Attorney.

This presentation is free.

Please to register.

Stroke Awareness

On **Thursday, May 19th at 1:00pm**, Andrea Maningas, RN, BSN, of Visiting Nurse & Health Service of CT, will give a presentation about stroke awareness.

Topics will include risk factors for stroke, signs and symptoms, types of strokes, and the rehabilitation process.

This presentation is free.

Please call to register.

Nutrition

On **Tuesday, May 24th at 10:00am**, a guest speaker from Stonebrook Village at Windsor Locks, will be presenting “Nutrition and How it Affects Healthy Aging”.

Light refreshments will be served by Stonebrook Village.

This presentation is free.

Please call to register.



Special Events & Services

Crazy Whist and Pizza

The Senior Center is hosting a Crazy Whist and Pizza Party on Wednesday, May 25th at 12:30pm. We will start with pizza followed by card playing.

Crazy Whist is a fun card game that everyone can play!

Cost: \$7 per person.

You must register for this activity.

All Seniors are welcome!



Did You Know.....

- *The birthstone for May is the Emerald which represents success or love.
- *On May 1, 1931, the Empire State Building was officially opened.
- *On the first Saturday in May, the Kentucky Derby takes place.
- *On May 14, 1804, Lewis and Clark, the great explorers began their trip up the Missouri River.
- *On May 15, 1918, the first regular airmail service began in the United States.
- *On May 20, 1932, the first solo flight by a woman across the Atlantic Ocean was made by Amelia Earhart.
- *On May 27, 1937, the Golden Gate Bridge was opened in San Francisco.

Birthday Celebration



The Center will be celebrating April, May, and June Birthdays on **Monday, June 13th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of April, May, and June. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

Looking For Recipes



Calling all cooks!

We are looking for your **favorite recipes**. We will choose one to two recipes submitted to put in the monthly newsletter.

If we receive enough recipes throughout this year we might make our own cookbook.

We are looking for recipes for **desserts** to put in the June newsletter.

Please give the recipes to Sue or Sela and remember to put your name on it.

Soup to Nutz

Nationally syndicated and award winning cartoonist of the **Soup to Nutz** cartoon strip, **Rick Stromoski**, would like to offer you a laugh filled, fun for all ages program that every comics fan can enjoy!

Rick will show samples of his humorous work, describe the process of humor writing and demonstrate his drawing technique.



When: Wednesday, June 15th

Time: 1:00pm

Newcomers

Join us for the next **Newcomers** on **Tuesday, May 31** at **1:30** when the Senior Center hosts a tour of the Center for new seniors.

Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



May's Puzzle

Nicknames for Grandparents

A V F
 G R A N D P A
 R M S G R A N D M A H
 G R A M M A G R A M P A U
 B O P P Y G T R E I M A R M E
 G M E M E K Q A J F G A M M Y
 A R P X P N L S N F M A W M A W O
 G A O L Y N G H D G O M M Y G M A
 M R N P K U A R C M B G R A M S X L B
 J A D P U L I A G A N N I E N O N N Y
 P M D Y C N F N K M G R A M M Y G P A
 P A M M A Q D M A M I E P A P A W
 O D V E N F M Z L G A M P S B N O
 D F E A R O K O M A M A W G U
 Y H M P M M G R A N D D A D K
 P A P P Y R Q P E E P A W
 W B U B E P O P P A G
 O H A G A M S
 A T L

Boppy
 Bube
 Gammy
 Gamps
 Gams
 Gannie
 Gma

Gommy
 Gpa
 Gramma
 Grammy
 Gramp
 Grampa
 Grams

Gran
 Granddad
 Granddaddy
 Grandma
 Grandmama
 Grandmom
 Grandpa

Mamaw
 Mamie
 Marmie
 Mawmaw
 MeeMaw
 Meme
 Nana

Nonny
 Papaw
 Pappy
 Paw
 PeePaw
 Poppa
 Poppy

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May Pasta Recipes

Fettuccini Carbonara

Ingredients:

4 ounces spinach fettuccini
6 ounces half & half, half milk, half cream
1 ounce egg yolk
3 slices bacon, cut-up into narrow pieces
Small dish parmesan cheese
Fresh cracked pepper

Directions:

Pre-cook fettuccini according to package directions; drain and set aside.

Using a shallow pan, cook bacon to a medium doneness, adding pepper while cooking. Do not drain grease from bacon.

Add cream & more pepper to bacon. Add cooked fettuccini pasta and blend until hot. Add egg yolk and blend quickly to thicken. Remove from heat and add a small amount of parmesan cheese, stirring to melt.

Serve in pasta bowl, topped with more parmesan cheese.

Brain Teaser Solutions:

A. Waterfall

B. Your Name

C. 60

Just a Reminder...

Closed
Monday,
May 30th- Memorial Day

Join us at the Senior
Center for a fun day!

May's Birthdays and Anniversaries

Happy Birthday:

May 8	Lynn Merrill
May 18	Ruth Smith
May 19	Ellie O'Meara Marilyn Steele
May 20	Marion Dominique
May 25	Carolyn Waltman
May 28	Thelma Davidson
May 30	Carole Slattery

Anniversaries:

May 5	Ed and Carole Slattery
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happy anniversary

**HAPPY
BIRTHDAY!**

Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours
Monday—Friday
9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Interim Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: